

Reply

# Reply to Ravnskov, U. Is High Cholesterol Deleterious? An Alternative Point of View. Comment on “Burén et al. A Ketogenic Low-Carbohydrate High-Fat Diet Increases LDL Cholesterol in Healthy, Young, Normal-Weight Women: A Randomized Controlled Feeding Trial. *Nutrients* 2021, 13, 814”

Jonas Burén <sup>1,2,\*</sup> , Madelene Ericsson <sup>3,4</sup> , Nágila Raquel Teixeira Damasceno <sup>5</sup>  and Anna Sjödin <sup>1</sup> 

<sup>1</sup> Department of Food, Nutrition and Culinary Science, Umeå University, 90187 Umeå, Sweden; anna.sjodin@umu.se

<sup>2</sup> Department of Public Health and Clinical Medicine, Medicine, Umeå University, 90187 Umeå, Sweden

<sup>3</sup> Department of Medical Biosciences, Physiological Chemistry, Umeå University, 90187 Umeå, Sweden; madelene.ericsson@umu.se

<sup>4</sup> Umeå Centre for Molecular Medicine, Umeå University, 90187 Umeå, Sweden

<sup>5</sup> Department of Nutrition, School of Public Health, University of Sao Paulo, Sao Paulo 05508-060, Brazil; nagila@usp.br

\* Correspondence: jonas.buren@umu.se; Tel.: +46-90-7866560



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We thank Ravnskov [1] for his interest in our recent publication [2]. In our study, low-density lipoprotein cholesterol (LDL-C) and Apolipoprotein B-100 (ApoB) almost doubled in young, healthy women when they followed the ketogenic low-carbohydrate high-fat (LCHF) diet. According to the European Society of Cardiology (ESC) and the European Atherosclerosis Society (EAS) Guidelines for the management of dyslipidaemias [3] “... there is no longer an ‘LDL-C hypothesis’, but established facts that increased LDL-C values are causally related to atherosclerotic cardiovascular disease, and that lowering LDL particles and other ApoB-containing lipoproteins as much as possible reduces cardiovascular events.” Therefore, we think it is reasonable to conclude that the alterations in blood lipids reported in our study should be a cause for concern in young women following this kind of LCHF diet.

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